

## **ABSTRACT OF THE DISCLOSURE**

A method for tracking and rewarding connection time from client systems to network resources includes the steps of enrolling individuals in a program, commencing an accumulation session when an individual connects to a participant's resource, such as an Internet website, tracking the length of time of an accumulation session and the quality of the attention demonstrated by the individual during the measured period of connection time, and calculating a credit value based on the length of time and quality of attention. The greater the length of time and the quality of attention, the greater the credit value. A quality measure of individual attention specific to the individual may be calculated based on quality of attention as measured by responses to prompts. This quality measure may also be a factored that is considered in determining the specific rate of credit accumulation and the overall number of credits that are accumulated and subsequently earned. The quality of the attention demonstrated by the user may be measured by offering various types of prompts throughout an accumulation session, and recording the length of time between an offered prompt and the provided response by the user, if any. A central program administrator may maintain records relating to the backgrounds of each user and participant resources may provide information recorded at accumulation sessions to the program administrator.